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PSYCHOSYNTHESIS AS A WAY TO PLANETARY CONSCIOUSNESS

Years ago Roger Penrose noticed that consciousness is a part of the Universe, so every physical theory which does not contain consciousness as one of the elements, may not call itself a true image of the world.

Almost 60 years ago, at a conference in Chicago, "Education in a democratic society" a postulate was articulated, which stated a need of supporting human spiritual needs and a necessity of a planetary vision and a place of a human being in the Universe. It is essential for a human to discover his own spiritual source to be able to find himself and his place in the world, so he continuously searches for an integration within an education. The true education is a science of a synthesis of all the human parts and his connection with an environment, creating a real relation with a spirit and matter, the individual parts and the wholeness. In psychosynthesis every human realizes his own synthesis, bringing each part together, connecting himself with his family, a society and the world. Psychosynthetic work is a process of rising the consciousness to a higher level (Higher Self, new consciousness, transpersonal reality), expressing his true nature. It is comparable with the theory of cosmogenesis as well as energetic conception of a human and the world introduced by quantum physics, similarly to ancient and traditional systems of healing.

At the same time, psychosynthesis as a system way of achieving inner energy (psychoenergetic practice) becomes a basic methodology, but also a way of a human life, the same way "coming back home" to the universal values (the source of identity, the source of everything), an individual "life plan", leading to "hidden order" (mentioned by David Bohm), the absolute order, "physical emptiness" (mentioned by Gienadij Szipow) as a basis for everything that exists, as a source of creation of everything.

The year 2012 may become an extraordinary breakthrough year for the mankind, as long as people will be able to choose to live in a spirit of cooperation, in the direction of a birth of a planetary consciousness.

It is known that there are different levels of consciousness that a person has, from a self-consciousness to a consciousness of oneness of everything. It is a path from a single center of consciousness, an integration of all parts of self, to reaching Higher Self – being a part of Self, that is included in a collective consciousness. Our longstanding crises are pushing us to shift to a new level of awareness and a new global culture. Now at a moment when a critical turning point may happen and when the new ways can replace the old ways, these driving forces are dissolving centuries of fear, aggression and disagreement, and leading the mankind to peace, cooperation, co-creation and collective creativity.

Key words: psycho-synthesis, planetary consciousness, a man, world.

Synthesis is a way to solve the problems of a man and the world¹. Preeminent individuals, the forerunners of new science and education, of the twentieth century, and especially of the beginning of the twenty first century, have had an intuitional need for search and creation of natural connection between an everyday life and a world of quantum physics, especially in regards to human consciousness. This deep view on nature and a role of consciousness leads to a philosophical understanding of everyday life and a fuller picture of the universe, which holds a human being as an integral part. Thanks to them, for the purpose of achieving a balanced development of both environment and human, it becomes clear and obvious that an influence of a state of mind and calmness of heart becomes a main subject of research and a key area, not only of ecological actions, but also educational, and more importantly a scientific research.

Roberto Assagioli [1], a founder of "psychology with a soul" – psychosynthesis [2], in the mid sixties of the twentieth century, wrote: "human being is not isolated in the world, but rather included in a web of individual and social connections, not only with other people but also within a wholeness of a flowing and happening life. Therefore every goal, every individual way of thinking should be in harmony with universal goal of life".

Mainly because of this notion, psychosynthesis deals with education (health promotion and prevention, stress and emotions' handling, in a direction of an integral human development), analysis as well as a synthesis but also when a need arises, a therapy.

Assagioli put pressure on a human body, as an ecosystem of a particular importance, or maybe even the highest importance in defining human relations with other ecosystems of the Universe.

Barbara Brennan [3] calls upon us, as human beings, in these words... "ecological crisis is not inviting us to save this "external" planet... it is inviting us as a part of the planet itself, to awake and see true nature."

The urgency of a current situation in the world requires all philosophy and psychology to be included in the synthesis – in "a big transformation" of consciousness – in a direction of basic connections and finding of unity with nature.

Science and especially physics teaches that in the world of happenings every element is connected and interdependent, and that an event or an individual part exists only in a reference to the whole.

This kind of thinking requires “digging deep into” primary consciousness of a community, which is living in people from a beginning of their existence, but it is “buried” by science and educational systems, which increases alienation and isolation of a human being from others and the nature.

In psychosynthesis a human realizes his own synthesis to become “homo faber” of his own self. A motto of psychosynthesis is “know yourself, master yourself and transform yourself.”

Assagioli underlined that psychospiritual path is a preparation and an enhancement of a personality in order to be able to connect with a Higher Self (neutral term in psychosynthesis, which describes Higher Consciousness; in religions – it is a description of God), but also to become an instrument of an act for the good in the world and for the world.

In the same words, however called synthesis is a way and evolutionary direction of a human and world development, and growth is natural consequences of life and realization of self as a human being and a member of a community and the world. Integration of experiences of generations and fusing discoveries, and insights in the nature of a human and the world becomes a regard for an input of every individual, and respecting one's presence in the wholeness.

The above reflections make it necessary to create a new order for union, starting from an individual person and supporting one's development and health, through bringing up at all levels of education including a class room and family. Social and health systems, communities, socialites and the whole nation should be seen as one organism, searching for interconnections, interactions, co-participation (instead of controlling), creativity – new ways of cognition, learning, teaching or taking care in health and sickness.

Assagioli, underlined a huge role of education as the global way to heal the world. Education or rather reeducation of self (of mind, heart, imagination, intuition, moral imperatives, will), independent from age, was supposed to become a source of a renewable energy for the whole Planet. In the same sense, a psychoenergetic nature of a human being becomes a part of electromagnetic fields of nature [4].

Science, from time to time, reaches boundaries that it did not exceed for decades, reaching out for an answer to more and more fundamental questions, asking about a human existence and creation of the world, and again, it has to reorganize or find new research tools to be still credible. Currently, such a challenge for science is confrontation of a quantum or a spiritual nature of a human being and the world. In the world of total threats, there is a necessity for a moral regeneration and survival of humans and preserving the Planet.

In his systems philosophy, based on a general systems theory displaying an evolution of a human being and the world, Ervin Laszlo [5; 6] states that nonlinear systems, in which he also includes a human, are open spaces so they can extend their complexity and organization, therefore becoming more energetic. They are usually a borderline of chaos, creating continuing order, which he called higher order. Laszlo explains that current problems of the mankind, both of individuals and groups (including environmental) are derived from inner limitations, or even atrophy of imaginations and visions of social systems [7].

Astrophysicist, Eric Chaisson, basing on his theory of cosmic evolution, thinks that the mankind goes through successive eras from Energy Era, Matter Era to Era of Life [8], in a direction of chaos ordering.

In the opinion of the next scientist – biologist, Bruce Lipton, there are already many specialists in this area of science, who consider every space of biological regulation as being influenced by invisible electromagnetic field. Following this logic, it is a spiritual nature and not biology that governs molecules.

Jonas Salk, also a biologist, believes that there is a biological need in every human being to get to know oneself and others, because otherwise we become separated from others, which could be a cause of many kinds of diseases (including diseases of sense, which include a depression and tumors) on an individual and a group level. In this light, it is essential to climb up in a direction of a higher understanding of self and the world, it is essential to make successive changes and choices, bringing forward more of a balance between an outer environment and an inner self. R. Assagioli had a similar opinion. He considered the priority to be both an exploration of depths of unconsciousness and peaks of superconsciousness (higher unconsciousness) and being consciousness of a true nature (Higher Self). A human through connection with Higher Self may obtain space called a “vertical” sphere of “higher needs”, connected with meta-needs, universal and the highest values and uniting consciousness. This connection leads to a relation with Only Reality, Universal Self, and this represents Transpersonal Will.

When developing as individuals, we are achieving higher and newer goals, broadening our potential by new capabilities that we start to express in the world, not only by realizing our own needs but also by dedicating ourselves to others [8, p.51-52]. Thanks to this, we start to understand the evolution not only in the individual sense but also in the global, cosmic sense and the laws which govern it, which becomes our responsibility for the world's state. In this way, the mind of a human starts to function as a system not only managing self, but also wholeness of being.

Therefore the essential goal of a human as a fully mature individual, becomes broadening of consciousness for the next actions, achieving more of a harmony (an internal balance) and supporting one's health and at the same time influencing the nearest surroundings. Ethical values and actions become a priority of a human activity, “dignifying oneself”, building a more satisfying and better life for oneself and others.

The destiny of a human being, in the opinion of Teilhard de Chardin, is getting to the consciousness, which he called noosphere, the reality of reflective thoughts, which then leads to "mega synthesis", reaching the higher consciousness, that he called "Omega Point of clear energy of consciousness."

The humankind is in the cosmic process of evolution, having both a body and mind, which is manifested and which is invisible. Life is a matrix on which unifying is happening, and contrasting at the same time, with separation (dissociation) and all the diseases of humankind [9]. This process starts from ego level in a direction to Higher Self, which is "the deepest centre of consciousness", from which Omega Point comes out. Therefore, humankind through individuals rises to the higher level of understanding, in a direction of the cosmic consciousness for finding the real self and becoming closer to the Universal Mind.

In this way, a process of convergence happens, through unifying, integration of self (psycho-synthesis by Assagioli). The mind (self) cannot become without an inner (individual) and an outer (collective) synthesis.

It is worth mentioning here another scientist, this time a polish one. Włodzimierz Sedlak saw a human being as a "manifestation of life, who is a planetary fact" [10], as a part of the earth evolution on macrocosmic scale. Thereby one's birthday is included in rhythms of the universe, written as a bio-information in one's genes and cells, and from them one's body is developed – meaning: a matter. It reminds a creation of Space and an expending of the Universe, its fractal structures – similarly to building a human body and extending brain structures. Collective consciousness develops in a process of the evolution of human species. The essence of life seems to have its roots in the electronic quantum processes, which are tightly conjugated with a biochemical metabolism of a human organism, and psychoenergetics plays there a role, as articulated by Assagioli, and it is both individual and collective. Following Sedlak, Joanna Wyleżalek studied the search for the essence of life [11]. In the author's opinion, the measure of essence of life is a level of an individual consciousness, and as a consequence a mankind and development possibilities are created by psychosynthetic work done on its development.

According to Andrzej Brodziak [12] "speaking to the heart" through sending information in 14 Hz of frequency, seems to be the best cure for problems of the world, starting from individual problems. It leads to the development of higher emotionality on the way from a heart to brain and evolutionary development of the humankind, rising up one's vibrations (psychoenergetics) and enabling the connection with the Absolute Consciousness, the Absolute, what all the religions of the world are leading to.

The energetic centre of the heart (which frequency by Institute of HeartMath in California is 60 times stronger than the brain's) is as a magnet keeping a human being in a connection with a Macrocosmos. According to Max Planck a size of light's quantum is inversely proportional to a length of a wave, therefore the bigger is a radiation the closer we get to the source. If there is an increase in consciousness (the psychoenergetics of a human increases), then rising of a human to the higher nature (Higher Self) may realize itself in an electromagnetic consciousness, because the consciousness is the light. This is in accordance with what is displayed in psychosynthesis: it is a similar process to the one of photosynthesis in plants, where the growth of self-consciousness and collective consciousness, is an illumination of the way that one takes.

Taking in consideration the work of Fritjof Capra [13] and a conception of an electromagnetic field and photons, which are also the displays of these fields, a quantum field could be described as a set of influences, both molecules and quanta, present or disappearing in all the space. Using a language of psychosynthesis, which defines a human being as a set of physical, mental and spiritual energies, the shift in a human thinking, leading to an increase in consciousness may be displayed as a transformation on all its levels of existence.

As reported by Wyleżalek [11], if consciousness developed evolutionally, then these characteristics are determined by a single psychoenergetic level – so they are recorded in every cell of a body, also in genes. When we are synchronized with an individual cell information (also through psychosynthesis: integrating personality via the personal centre), we transfer information from Higher Self through thinking processes directly to the physical body, similarly as we are able to rise our awareness, through transcendancy, to the higher levels, leading to more growth.

In the Vedas it is written that a human being is able to go through an evolution of a single entity. Recent research in astrophysics says that a cosmic radiation influences process of photons, and these are a bridge between a subtle matter (a mind) and a dense matter. Therefore the subtle processes (sub-cellular and cellular) are happening on both sides (in a human and the Universe) are influencing each other and this converts to the complementary nature of effects of electrons, quantum or waves in all biological setups, so in a human life and transformation of these processes into physical and biochemical structure of a living organism. Sedlak [14] named this quantum-mechanical inverse conjugate. Similarly, in Wyleżalek's opinion an interdependence between psychoenergetics and biochemistry, which are the measure of a mankind development becomes bioelectronic in its structure.

In a living organism the main role played by the flow of electrons on deep levels, giving out and absorbing energy, the change of electromagnetic fields and spreading out of waves. This level, due to Wyleżalek, is regulated in the psychoenergetic / psychosynthetic process, hence human, thanks to his free will, has an ability to steer these processes. When observing the evolution of a human being through a lens of cosmo-physical processes – this transformation also includes chemical, electric and magnetic processes. They are required to be organized (harmonizing, an integration of personality into psychosynthesis), since they are often unconscious or consciously disturbed (so called aberrance).

The current genetics and molecular biology researches prove that information regarding the essence of human identity is written in 3 % of DNA, containing active functional genes producing proteins, in turn the rest of the code functions as programs, acquired in an individual live, influencing a way of thinking and a behavior of a human being.

In the same way, the quantum physics, molecular biology, genetics and biochemistry have common spaces to accommodate. Through the psychoenergetic work, one may get to a physical void, where only information exists, to rise an individual awareness to be able to direct physical processes.

The psycho-energetic work leads to the increase of the state of consciousness of an individual (so called "new consciousness"), so the return to the universal values, the source of identity, an individual pattern, or a blueprint.

In consequence of increase of consciousness, there is a change of biochemical processes, their balancing, so these processes are inversely conjugate with electronic processes. Thanks to an individual psycho-energetic work (harmonization of a personality), the higher structuring of personality inherited through electro-biochemical processes happens – displayed by individual level of consciousness (energetic aspect) and a created genotype – specific individual structure of DNA (biochemical aspect). This kind of conscious work enables reaching to the above mention 3 % of DNA, containing active functional genes and transforming its chain. In the same sense, the psycho-energetic work creates a bridge between human biochemistry and a bioelectronics, giving a beginning of a new stage of the evolutionary development of a human being. Change of the way of thinking (positive thinking) influences a quality of biochemical processes and functioning of specific structures. These processes will influence chemical changes in an organism, including the DNA transformation, so acting in the inverse conjugation.

As it was mentioned above, there are codes written in 97% of DNA structure and determinating the schemas of thinking and beliefs, which block reaching the source of an identity. Therefore, it is necessary to cleanse oneself from these codes, which can be done, among other things, through the psychoenergetic work. Since DNA structure is conditioned by the individual psychoenergetic level (level of consciousness), then its transformation becomes individual's work on rising the vibrations, above one's human nature, conditioned psychoenergetic processes, for the shift in perceiving oneself and surrounding reality into the positive direction, for the good of self and others. In other words, it is not the DNA structure that influences people's behavior, but bioenergetic information as a measure of individual consciousness.

It is a human right, but also his responsibility, to choose one's own path leading to what one wants to realize in life. If the right choice is made, the good choice, then this choice will become also the future of the Planet. Everyone has one's own will, which can be used against oneself or for the good of the mankind and the Universe. Through ignorance and neglect, and not only in one's own life but, in both education and science we, as humanity, may lead to another disaster of self and the world.

Meanwhile, only through changing oneself, many visions of "a better world" will come true, leading the mankind to a higher level of the evolution and the planetary civilization.

Notes

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